WARNING SIGNS

of those who may be considering harming themselves:

- Hopelessness/helplessness
- Panic/anxiety
- Feelings of guilt and/or shame
- Depression
- Moodiness
- Irritability/lability
- Talking about suicide, making a plan, or preoccupation with death
- Injuries self
- Drug or alcohol abuse
- Withdrawal from family/friends
- Loss of interest in things that one normally cares about

If you know someone who is suffering from depression and/or suicidal thoughts, help them—speak up, reach out!

DEATH COUNTS:

1.1 million attempted suicide
2.5 million made suicide plans
8.7 million reported having serious thoughts about suicide

WARNING SIGNS

1. Suicidal ideation: Expressed thoughts of dying, wanting to die, or intending to die.
2. Increased alcohol or drug use.
3. Changes in behavior, such as giving away belongings, seeing a will, expressing the need for medication change.
5. Changes in appetite.
6. Increased stress.
7. Mood swings.
8. Withdrawal from family/friends.
9. Increased substance use.
10. Increased irritability.

If you are concerned for yourself or a friend, call SafeCampus: 206-685-SAFE (7233)

SafeCampus working together to keep the UW community safe
VIOLENCE

WORKPLACE

is attributed to workplace violence.

Nearly 1 out of 5 occupational fatalities is caused by a relative or domestic violence. Nearly 1 in 3 occupational fatalities (greater than 1 in 3) that result from violence are responsible for reporting workplace violence.

When a victim of relationship violence leaves a relationship, she or he may feel isolated and isolated from support systems. If you notice behaviors that make you or others uncomfortable, trust your instinct to report a concerning situation to SafeCampus.

The Violence Prevention and Response Specialist you speak to will want to know the specifics of your situation. What happened? When did it happen? Who was involved? What do you fear might happen? Have you shared your concerns with anyone else? What would you like or need help with?

If you have a feeling that you should tell someone, call us. If you have a gut feeling that something is "off," or if a situation is escalating, someone may be in danger, or you have a feeling that you should tell someone, call us.

If you notice behaviors that make you or others uncomfortable, trust your instinct to report a concerning situation to SafeCampus. If SafeCampus is the place to start! We have Violence Prevention and Response specialists trained to take your call, connect you with resources, and put safety plans into place to prevent further violence from occurring.

We work with individuals who have safety concerns due to relationship violence, stalking, harassment, and threats of violence.

What types of calls do you get? SafeCampus is the place to start! We have Violence Prevention and Response specialists trained to take your call, connect you with resources, and put safety plans into place to prevent further violence from occurring. Since we’re available 24/7, you will always reach someone who can address your concerns. If we’re not the right resource for you, we can connect you to UW and community resources that might be available.

What can I expect when I call SafeCampus? We will not share information on a need to know basis with our campus partners, and we will discuss it with you in advance. If you are uncomfortable giving names, you can always call and discuss a concerning situation with us and we will not disclose it to you. We are happy to answer any questions about our process.

If you have a problem or concern about a student or staff member, where do I start? SafeCampus is the place to start! We have Violence Prevention and Response specialists trained to take your call, connect you with resources, and put safety plans into place to prevent further violence from occurring. Since we’re available 24/7, you will always reach someone who can address your concerns. If we’re not the right resource for you, we can connect you to UW and community resources that might be available.

What can I expect when I call SafeCampus? We will not share information on a need to know basis with our campus partners, and we will discuss it with you in advance. If you are uncomfortable giving names, you can always call and discuss a concerning situation with us and we will not disclose it to you. We are happy to answer any questions about our process.

If you notice behaviors that make you or others uncomfortable, trust your instinct to report a concerning situation to SafeCampus. If SafeCampus is the place to start! We have Violence Prevention and Response specialists trained to take your call, connect you with resources, and put safety plans into place to prevent further violence from occurring. Since we’re available 24/7, you will always reach someone who can address your concerns. If we’re not the right resource for you, we can connect you to UW and community resources that might be available.

If you notice behaviors that make you or others uncomfortable, trust your instinct to report a concerning situation to SafeCampus. If SafeCampus is the place to start! We have Violence Prevention and Response specialists trained to take your call, connect you with resources, and put safety plans into place to prevent further violence from occurring. Since we’re available 24/7, you will always reach someone who can address your concerns. If we’re not the right resource for you, we can connect you to UW and community resources that might be available.

If you notice behaviors that make you or others uncomfortable, trust your instinct to report a concerning situation to SafeCampus. If SafeCampus is the place to start! We have Violence Prevention and Response specialists trained to take your call, connect you with resources, and put safety plans into place to prevent further violence from occurring. Since we’re available 24/7, you will always reach someone who can address your concerns. If we’re not the right resource for you, we can connect you to UW and community resources that might be available.

If you notice behaviors that make you or others uncomfortable, trust your instinct to report a concerning situation to SafeCampus. If SafeCampus is the place to start! We have Violence Prevention and Response specialists trained to take your call, connect you with resources, and put safety plans into place to prevent further violence from occurring. Since we’re available 24/7, you will always reach someone who can address your concerns. If we’re not the right resource for you, we can connect you to UW and community resources that might be available.

If you notice behaviors that make you or others uncomfortable, trust your instinct to report a concerning situation to SafeCampus. If SafeCampus is the place to start! We have Violence Prevention and Response specialists trained to take your call, connect you with resources, and put safety plans into place to prevent further violence from occurring. Since we’re available 24/7, you will always reach someone who can address your concerns. If we’re not the right resource for you, we can connect you to UW and community resources that might be available.

If you notice behaviors that make you or others uncomfortable, trust your instinct to report a concerning situation to SafeCampus. If SafeCampus is the place to start! We have Violence Prevention and Response specialists trained to take your call, connect you with resources, and put safety plans into place to prevent further violence from occurring. Since we’re available 22/7, you will always reach someone who can address your concerns. If we’re not the right resource for you, we can connect you to UW and community resources that might be available.

If you notice behaviors that make you or others uncomfortable, trust your instinct to report a concerning situation to SafeCampus. If SafeCampus is the place to start! We have Violence Prevention and Response specialists trained to take your call, connect you with resources, and put safety plans into place to prevent further violence from occurring. Since we’re available 22/7, you will always reach someone who can address your concerns. If we’re not the right resource for you, we can connect you to UW and community resources that might be available.

If you notice behaviors that make you or others uncomfortable, trust your instinct to report a concerning situation to SafeCampus. If SafeCampus is the place to start! We have Violence Prevention and Response specialists trained to take your call, connect you with resources, and put safety plans into place to prevent further violence from occurring. Since we’re available 22/7, you will always reach someone who can address your concerns. If we’re not the right resource for you, we can connect you to UW and community resources that might be available.

If you notice behaviors that make you or others uncomfortable, trust your instinct to report a concerning situation to SafeCampus. If SafeCampus is the place to start! We have Violence Prevention and Response specialists trained to take your call, connect you with resources, and put safety plans into place to prevent further violence from occurring. Since we’re available 22/7, you will always reach someone who can address your concerns. If we’re not the right resource for you, we can connect you to UW and community resources that might be available.

If you notice behaviors that make you or others uncomfortable, trust your instinct to report a concerning situation to SafeCampus. If SafeCampus is the place to start! We have Violence Prevention and Response specialists trained to take your call, connect you with resources, and put safety plans into place to prevent further violence from occurring. Since we’re available 22/7, you will always reach someone who can address your concerns. If we’re not the right resource for you, we can connect you to UW and community resources that might be available.

If you notice behaviors that make you or others uncomfortable, trust your instinct to report a concerning situation to SafeCampus. If SafeCampus is the place to start! We have Violence Prevention and Response specialists trained to take your call, connect you with resources, and put safety plans into place to prevent further violence from occurring. Since we’re available 22/7, you will always reach someone who can address your concerns. If we’re not the right resource for you, we can connect you to UW and community resources that might be available.